



## Monolaurin

by Ecological Formulas 600 mg, 90 caps \$27.95

Monolaurin 600 mg by Ecological Formulas is a dietary supplement designed to support a healthy immune system. The key ingredient is a compound found in human breast milk, as well as certain vegetable oils, that helps to protect the body.\* Monolaurin is a fatty acid that has a long history of supporting immune system health, and is extracted from coconut oil for use in this supplement.

<p>Effective at preventing and treating several types of bacterial infections, enveloped viral infections, some fungal infections, and protozoal infections. If pregnant, nursing or taking prescription drugs, consult with your primary care provider prior to use.</p>	<p><b>Dose:</b> 600 mg per day for prevention 600 mg 3x per day during active infection Free of corn, yeast, wheat, liver, citrus or other common food or chemical allergens.</p>
<p><b>Primary mechanisms of actions of monolaurin:</b></p> <ul style="list-style-type: none"> <li>● Breaks down the outer lipid membrane of enveloped viruses and some bacterial cell membranes</li> <li>● Inhibits viral replication</li> <li>● Inhibits binding of viral proteins to the host cells</li> </ul>	<p><b>It can be helpful for prevention and treatment of the following:</b></p> <ul style="list-style-type: none"> <li>● Colds and flues</li> <li>● Upper respiratory infections</li> <li>● Food borne illnesses</li> <li>● Shingles</li> <li>● Herpes (HSV1 and HSV2)</li> <li>● Candida overgrowth</li> <li>● Chronic fatigue syndrome</li> </ul>
<p><b>Viruses that monolaurin has been studied to be effective against:</b></p> <ul style="list-style-type: none"> <li>● coronavirus species</li> <li>● cytomegalovirus</li> <li>● Epstein-Barr virus</li> <li>● Herpes simplex-1</li> <li>● Herpes simplex-2</li> <li>● Human immunodeficiency virus (HIV)</li> <li>● influenza virus species</li> <li>● rubeola virus (measles)</li> <li>● varicella zoster virus (chicken pox, shingles)</li> <li>● visna virus</li> </ul>	<p><b>Bacteria that monolaurin has been studied to be effective against:</b></p> <ul style="list-style-type: none"> <li>● Streptococcus species</li> <li>● Bacillus subtilis</li> <li>● Clostridium perfringes</li> <li>● Enterobacter and Enterococcus species</li> <li>● Escherichia coli (E. coli) and vulneris</li> <li>● Helicobacter pyloriz</li> <li>● Listeria monocytogens</li> <li>● Klebsiella rhinoscleromatis</li> <li>● Salmonella species</li> <li>● Staphylococcus aureus</li> </ul>

**Sources:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2957173/>  
<https://www.medicalnewstoday.com/articles/319590>  
<https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1745-4565.1982.tb00429.x>  
<https://global.ateneo.edu/news-events/2020/potential-coconut-oil-and-its-derivatives-effective-and-safe-antiviral-agents> <https://www.emersonecologics.com/products/detail/immune-support/monolaurin/9620/6MONO>

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## Buffered Vitamin C,

by Integrative Therapeutics, 1000 mg, 60 veg capsules, \$14.40

An excellent source of antioxidant support, Buffered Vitamin C uses pure crystalline ascorbic acid to supply 1 gram (=1000mg) of vitamin C in each capsule. This well-tolerated vitamin C formula supports a healthy immune system response and helps maintain healthy skin, collagen, and connective tissues.

Vitamin C is: Anti-inflammatory, anti-oxidant, immune enhancing and antiviral.

<p><b>Dosage:</b> 500-1000mg /day for prevention 1000mg x2-3/day during active infection</p> <p>If pregnant, nursing or taking prescription drugs, consult with your primary care provider prior to use.</p>	<p>Buffered with calcium and magnesium, easy on sensitive stomachs. Contains no salt, wheat, gluten, soy, dairy products, ingredients of animal origin or artificial colors or flavors.</p>
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Vitamin C, also known as ascorbic acid, is a water-soluble nutrient found in some foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy. People are also exposed to free radicals in the environment from cigarette smoke, air pollution, and ultraviolet light from the sun.

The body also needs vitamin C to make collagen, a protein required to help wounds heal. In addition, vitamin C improves the absorption of iron from plant-based foods and helps the immune system work properly to protect the body from disease.

Sources:

<https://ods.od.nih.gov/factsheets/VitaminC-Consumer/>

<https://www.emersonecologics.com/products/detail/vitamin-c/buffered-vitamin-c/2205/BUFC8>

<https://pubmed.ncbi.nlm.nih.gov/10543583/>

While supplies last.